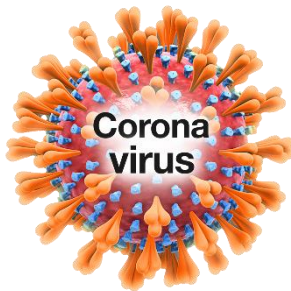




## Government Guidance on Social Distancing: Easy Read Summary



The government has brought out guidance about social distancing.



This is to try and stop Coronavirus spreading.

Sometimes people call it **COVID-19** instead of **Coronavirus**.



The government wants to try and stop people who are more vulnerable from catching Coronavirus.

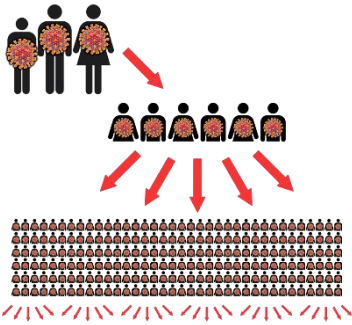


From 23 March the Government changed its advice. It has said everyone now **MUST** do social distancing.

They have made new rules we all have to stick to.



Social distancing is different to social isolation.



**Social distancing** is taking steps so you don't see lots of people.

This will help reduce the chance of Coronavirus spreading.



The government has now closed all community places. This is things like pubs, parks and places where people go to have fun together.

They have done this to stop people passing the virus on.



**The government has told us all to stay at home.**

The only time you can leave your own house and garden is to:



Go shopping for food and to get medicines you need. You should try to do this online if you can.



To get medical treatment.



To get exercise once a day. This can be a run, a walk or a bike ride.

But you must go alone, with a support worker or with a family member you live with. You must not meet up with friends.



To provide help or care to a vulnerable person.



To go to work if your job is essential and you can't work from home. These are jobs like nurses, doctors, support workers and people who work in food shops.



Avoid contact with someone who is showing symptoms of Coronavirus.



This means people who have a high temperature and/or a new and continuous cough



Don't use public transport at all unless you need to get to work and your job is essential. This means people like doctors, nurses and support workers.



Work from home, unless your job is essential. Your boss will tell you if your job is essential. They will help you to work from home.



Keep in touch with family and friends using the phone, internet, and social media.



Use the telephone or online services to contact your GP or other essential services.



The guidance says everyone now **MUST** follow this guidance.



These new rules will be in place for at least **3 weeks**.



The government will tell us when we can stop following these rules.



The full guidance can be read [HERE](#)

**The guidance answers some questions that lots of people are asking.**



## How can I get assistance with foods and medicines?

### Answer:



Ask family, friends and neighbours to help you. But they should stay at least 2 metres away from you when they drop shopping off. If possible, they should leave them on the doorstep for you.



Try do things online and have things delivered rather than going places in person.



If you receive support from health and social care providers, this will continue as normal.



If you are also a carer, there is more guidance to help you [HERE](#)



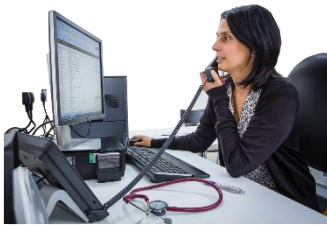
**What should I do if I have hospital and GP appointments?**

**Answer:**



Everyone should try to get medical help remotely, if possible.

This means by telephone or online.



If you have a medical appointment already set up, you need to phone the person your appointment is with.



They will tell you if you can go to your appointment.

They might change your appointment to a different date.



**Can people come and visit me?**

**Can people who support me come to my house?**

**Answer:**

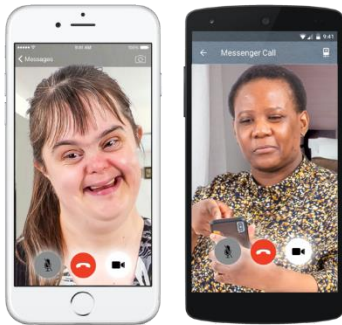


You should talk to your friends and family.

You should tell them not to visit unless they are helping you with essential care.



Essential care means things like help with washing, dressing, or making meals.



Instead stay in touch with family and friends by phone, online or social media.



It is also a good idea to speak to your carers about what happens if one of them is unwell.



If you need help with care but don't know who to talk to, or if you don't have family or friends who can help, you can contact your local council.

They will be able to help you.



**How do I look after my mental wellbeing?**

**Answer:**



You may find that social distancing can be boring or frustrating.



You might find you feel low or worried.

You might feel lonely and miss being outside with other people.



There are simple things you can do that may help you to stay well:



Being active can help you feel good. The NHS website has some short exercise videos [HERE](#)



Spend time doing indoor things you enjoy like

- Reading
- Cooking
- Radio
- TV programmes



Try to eat healthy meals, drink enough water and exercise regularly.

You should try to avoid smoking, alcohol and drugs



Keep your windows open to let in fresh air.

Get some natural sunlight if you can.

Go outside into the garden.

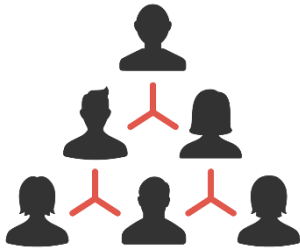


You can also go for a walk outdoors once a day if you stay more than 2 metres from others.



**What is the advice for informal carers?**

**Answer:**



If you support someone these are some simple steps to reduce their risk of catching coronavirus.

Ensure you follow advice on good hygiene such as:



Wash your hands on arrival and often, using soap and water for at least 20 seconds or use hand sanitiser.



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.



Put used tissues in the bin immediately and wash your hands afterwards.



Do not visit if you are unwell and make alternative arrangements for their care.



Explain who people should call if they feel unwell.

Explain how to use NHS111 online coronavirus service and make sure the number for NHS 111 is by the phone.



Think about different people that could offer support. This might be other family and friends.

Or you might need to talk to your local authority.



Look after your own well-being and physical health during this time.